



SAVE A LIFE:

Put The Cell Phone Down

*October 1: Cell Phone Use RESTRICTED
While Driving in Maryland*

What is Smart Driving?

Smart driving is driving safely, but it's also driving in an eco-friendly manner. It means making adjustments to the way we drive to reduce the impact of our driving on the environment. It involves examining what we drive, how we drive and even if we drive. According to the EcoDrivingUSA campaign, if just half of all drivers nationwide practiced moderate levels of eco-friendly driving, annual CO₂ emissions could be reduced by about 100 million tons, or the equivalent of heating and powering 8.5 million households.

TIPS FOR GREENER, MORE EFFICIENT DRIVING

Watch your speed

According to automobile manufacturers, sticking to the speed limit is not only a safe habit, it can make a big difference in your fuel consumption. For every 10 mph you travel over 60 mph, your fuel economy drops by approximately four miles per gallon.¹

Accelerate gently

Leaving a safe following distance between yourself and the car in front of you will not only result in safer driving, but more eco-friendly driving as you will have smoother braking and fewer quick starts. "Jack-rabbit" starts and sudden braking can reduce fuel economy by as much as 33%.²

Know when to use your A/C

At higher speeds, it is more efficient to use your air conditioning to keep cool because open windows disrupt the vehicle's aerodynamics. At lower speeds, it is more efficient to open the windows.

Lighten the load

Avoid keeping unnecessary cargo in your auto, especially heavy items such as golf clubs, inessential tools and extra work related supplies such as sales literature. An additional 100 pounds reduces your MPG by up to 2%.³

Time for a change

Change your oil regularly, however, depending on how you drive your vehicle, this may be longer than the 3,000-mile interval many people are used to. By following the auto-maker's recommendation, you will keep your vehicle running efficiently and you could also reduce the amount of waste oil.

Close the cap

Just making sure your gas cap is always properly secured could save you up to 30 gallons per year in evaporated fuel.⁴

*Drive **focused.** Drive **smart.** Get home **safely.***

Got Kids?

By driving green, you will be setting a great example for the kids. You'll also be protecting the earth and conserving resources for their generation.

Create your own mass transit system. Organize carpools to your kid's activities.

Kids need exercise. Leave the car behind and walk or bike when headed to a nearby store or park.

Require your teen drivers to pay for their own gas. They will likely drive slower (and safer) to conserve fuel.

Because kids today are already highly environmentally aware, if you practice eco-friendly driving, they might even think you're cool.

Pump them up

You can improve your gas mileage by about 3% just by keeping your tires properly inflated. You can find the correct tire pressure recommendation for your specific vehicle on the sticker located inside the front driver-side door.⁵

Drive in tune

Depending on the condition of your vehicle, a simple engine tune-up can improve your fuel economy by up to 5%. Fixing larger problems such as a faulty oxygen sensor, can boost your mileage by nearly 40%.⁶

Shop smart

You can start reducing your fuel consumption today, regardless of what you're driving. But if you're in the market for a new vehicle, you can find information about government vehicle crash tests and fuel economy ratings at www.fueleconomy.gov and www.safercar.gov. Driving a more fuel-efficient car doesn't have to mean sacrificing safety. Many vehicles score highly in crash tests as well as fuel economy.

Get together

Car pooling and using mass transit can reduce emissions, fuel usage and traffic congestion. The average commuter travels approximately 30 miles round-trip to work, and 86 percent drive alone.⁷

Let someone else do the driving

If it is available, consider public transportation. For every passenger-mile traveled, public transportation is twice as fuel-efficient as private automobiles, sport utility vehicles and light trucks.⁸ And, using public transportation is a great way to add productive time to your day to do things like safely using your PDA during your "drive" time to and from work.

Founded in 1989, the Network of Employers for Traffic Safety (NETS) is an employer-led public-private partnership dedicated to improving the safety and health of employees, their families, and members of the communities in which they live and work, by preventing traffic crashes that occur both on and off the job. The only nonprofit organization dedicated exclusively to traffic safety in the workplace, NETS provides organizations of all sizes and industry-types with guidance in developing or improving their driver safety programs. For more information on NETS, visit www.trafficsafety.org.



Choose **Safety for Life**  [com](http://www.safetyforlife.com)



¹ FuelEconomy.gov

² U.S. Environmental Protection Agency

³ U.S. Department of Energy

⁴ EcoDrivingUSA

⁵ Ibid

⁶ FuelEconomy.gov

⁷ Average Commuter, the Bureau of Transportation Statistics
Omnibus Household Survey

⁸ Center for Transportation Excellence